

# pardee physical therapy hendersonville nc

**pardee physical therapy hendersonville nc** is a trusted provider of comprehensive rehabilitative services in the Hendersonville area. Known for its patient-centered approach and expertly trained staff, Pardee Physical Therapy offers specialized care designed to promote healing, reduce pain, and restore mobility. This article explores the range of services offered, the qualifications of the therapists, and the benefits of choosing Pardee Physical Therapy in Hendersonville, NC. Readers will gain insight into the clinic's treatment philosophy, the types of conditions treated, and the innovative techniques employed. Whether recovering from surgery, managing chronic pain, or seeking injury prevention strategies, Pardee Physical Therapy provides tailored solutions. The following sections provide a detailed guide to understanding how Pardee Physical Therapy in Hendersonville stands out in rehabilitation care.

- Overview of Pardee Physical Therapy
- Services Offered at Pardee Physical Therapy
- Conditions Treated by Pardee Physical Therapy
- Therapist Qualifications and Expertise
- Benefits of Choosing Pardee Physical Therapy
- Patient Experience and Facilities

## Overview of Pardee Physical Therapy

Pardee Physical Therapy in Hendersonville, NC, is a leading rehabilitation center dedicated to helping patients regain strength and function through personalized treatment plans. The facility is part of Pardee Health, which has established a reputation for excellence in healthcare services throughout the region. The clinic emphasizes evidence-based practices and integrates the latest physical therapy techniques to achieve optimal outcomes. Located conveniently in Hendersonville, the center serves a diverse patient population, including athletes, seniors, and individuals recovering from various injuries or surgeries. The commitment to quality care, patient education, and functional restoration distinguishes Pardee Physical Therapy as a premier choice for physical rehabilitation in the area.

## **History and Mission**

The mission of Pardee Physical Therapy is to provide compassionate, high-quality rehabilitative care that promotes healing and empowers patients to reach their maximum potential. Established as part of Pardee Health's commitment to comprehensive healthcare, the therapy center has grown to include advanced treatment modalities and a multidisciplinary approach. The team focuses on continuous improvement and adapting to new research to ensure the best patient outcomes.

## **Location and Accessibility**

Conveniently situated in Hendersonville, NC, Pardee Physical Therapy is easily accessible to residents throughout Henderson County and neighboring communities. The facility provides ample parking, modern treatment rooms, and a welcoming environment designed to accommodate patients of all ages and mobility levels. Accessibility features ensure comfort and safety for individuals with disabilities or limited mobility.

## **Services Offered at Pardee Physical Therapy**

Pardee Physical Therapy in Hendersonville, NC, provides a wide range of services tailored to meet individual patient needs. Their comprehensive approach includes manual therapy, therapeutic exercises, pain management, and advanced modalities designed to enhance recovery and functional performance. The clinic also offers patient education and preventive care to support long-term wellness. Each service is delivered by licensed physical therapists who customize treatment plans based on thorough assessments.

## **Manual Therapy and Therapeutic Exercises**

Manual therapy involves hands-on techniques to mobilize joints and soft tissues, reduce pain, and improve mobility. Therapeutic exercises are prescribed to strengthen muscles, enhance flexibility, and restore functional movement. These interventions are fundamental components of the rehabilitation programs at Pardee Physical Therapy, contributing to effective recovery from musculoskeletal conditions.

## **Pain Management and Modalities**

To address acute and chronic pain, Pardee Physical Therapy utilizes various modalities such as ultrasound, electrical stimulation, and cold laser therapy. These treatments help reduce inflammation, promote tissue healing, and alleviate discomfort. Pain management strategies are integrated into the overall therapy plan to improve patient comfort and facilitate active participation in rehabilitation.

## **Balance and Vestibular Rehabilitation**

For patients experiencing balance disorders or dizziness, specialized vestibular rehabilitation programs help restore equilibrium and prevent falls. These services are particularly beneficial for older adults and individuals recovering from neurological conditions or inner ear injuries.

## **Post-Surgical Rehabilitation**

Pardee Physical Therapy offers targeted rehabilitation following surgeries such as joint replacements, ligament repairs, and spinal procedures. The therapy focuses on restoring strength, range of motion, and functional abilities to ensure a smooth transition back to daily activities and work.

## **Conditions Treated by Pardee Physical Therapy**

The clinical expertise at Pardee Physical Therapy in Hendersonville, NC, spans a broad spectrum of conditions affecting the musculoskeletal and neuromuscular systems. The facility is equipped to manage both common and complex disorders, providing individualized care plans that address the unique needs of each patient. Early intervention and consistent therapy contribute to improved recovery and reduced risk of complications.

## **Orthopedic Injuries and Disorders**

Common orthopedic conditions treated include sprains, strains, fractures, arthritis, tendonitis, and bursitis. The therapists employ evidence-based protocols to reduce pain, restore function, and prevent future injury.

## **Neurological Conditions**

Patients with neurological impairments such as stroke, Parkinson's disease, multiple sclerosis, or peripheral neuropathy benefit from specialized neurorehabilitation services aimed at improving mobility, coordination, and independence.

## **Sports Injuries**

Athletes suffering from sports-related injuries receive comprehensive care that emphasizes safe return to sport. Treatment includes injury assessment, rehabilitation exercises, and injury prevention education.

## Chronic Pain and Postural Issues

Chronic pain syndromes, including lower back pain and fibromyalgia, are addressed through multidisciplinary approaches combining manual therapy, exercise, and ergonomic advice. Postural correction programs help alleviate strain and improve overall musculoskeletal health.

## Therapist Qualifications and Expertise

Pardee Physical Therapy employs a team of highly qualified physical therapists who hold advanced degrees and state licensure. The staff continually participates in professional development to stay current with the latest rehabilitation techniques and best practices. Their expertise enables them to manage complex cases and design effective individualized treatment plans.

## Licensing and Certification

All therapists at Pardee Physical Therapy are licensed by the North Carolina Board of Physical Therapy Examiners. Many hold additional certifications in orthopedics, sports physical therapy, vestibular rehabilitation, and manual therapy, demonstrating their commitment to specialized care.

## Continuing Education and Training

The therapy team engages in ongoing education to incorporate emerging technologies and evidence-based interventions. This ensures that patients receive the most effective and modern treatment approaches available.

## Benefits of Choosing Pardee Physical Therapy

Choosing Pardee Physical Therapy in Hendersonville, NC, offers numerous advantages for individuals seeking rehabilitation services. The clinic's patient-focused philosophy, combined with a comprehensive range of services and expert staff, contributes to positive health outcomes and enhanced quality of life.

- **Personalized Care Plans:** Customized treatments tailored to individual needs and goals.
- **Multidisciplinary Approach:** Collaboration among healthcare providers to address all aspects of recovery.
- **State-of-the-Art Facilities:** Access to advanced therapeutic equipment

and techniques.

- **Experienced Therapists:** Skilled professionals with specialized knowledge in various rehabilitation areas.
- **Convenient Location:** Easy access for residents of Hendersonville and surrounding communities.
- **Comprehensive Patient Education:** Guidance on injury prevention, home exercises, and lifestyle modifications.

## **Patient Experience and Facilities**

The patient experience at Pardee Physical Therapy is designed to be comfortable, supportive, and effective. The facility features modern treatment rooms equipped with the latest rehabilitation technology. Staff members prioritize clear communication, respect, and encouragement throughout the therapy process.

## **Appointment Scheduling and Accessibility**

Scheduling is streamlined to accommodate patient availability, with flexible hours and prompt appointment times. The clinic is wheelchair accessible and designed to ensure ease of movement for all patients.

## **Patient Support and Follow-Up**

Ongoing support includes regular progress evaluations and adjustments to therapy plans as needed. Patients receive educational materials and resources to continue their recovery independently when appropriate.

## **Frequently Asked Questions**

### **What services does Pardee Physical Therapy in Hendersonville, NC offer?**

Pardee Physical Therapy in Hendersonville, NC offers services including orthopedic rehabilitation, sports injury therapy, post-surgical rehab, pain management, and personalized physical therapy programs.

## **Where is Pardee Physical Therapy located in Hendersonville, NC?**

Pardee Physical Therapy is located at 100 Hospital Dr, Hendersonville, NC 28792, within the Pardee Hospital campus.

## **Does Pardee Physical Therapy accept insurance in Hendersonville, NC?**

Yes, Pardee Physical Therapy accepts most major insurance plans. It is recommended to contact their office directly to verify your specific insurance coverage.

## **What are the operating hours of Pardee Physical Therapy in Hendersonville?**

Pardee Physical Therapy typically operates Monday through Friday, from 8:00 AM to 5:00 PM. Hours may vary, so it is best to call ahead for confirmation.

## **How can I schedule an appointment at Pardee Physical Therapy in Hendersonville, NC?**

You can schedule an appointment by calling Pardee Physical Therapy directly at their Hendersonville location or by visiting their website to request an appointment online.

## **Does Pardee Physical Therapy offer specialized programs for seniors in Hendersonville?**

Yes, Pardee Physical Therapy provides specialized programs tailored for seniors, focusing on improving mobility, balance, and overall function.

## **Are there any patient reviews available for Pardee Physical Therapy in Hendersonville, NC?**

Yes, patient reviews can be found on platforms like Google, Yelp, and Healthgrades, where many patients share their positive experiences with the staff and treatment outcomes.

## **Does Pardee Physical Therapy Hendersonville offer COVID-19 safety protocols?**

Yes, Pardee Physical Therapy follows strict COVID-19 safety protocols, including mandatory masks, social distancing, and enhanced cleaning to ensure patient and staff safety.

## What conditions can Pardee Physical Therapy in Hendersonville help treat?

Pardee Physical Therapy treats a variety of conditions, including sports injuries, arthritis, back and neck pain, post-operative recovery, neurological conditions, and chronic pain.

## Is parking available at Pardee Physical Therapy in Hendersonville, NC?

Yes, there is ample parking available at Pardee Hospital, including designated spots near the physical therapy department for patient convenience.

## Additional Resources

### 1. *Healing Hands: The Pardee Physical Therapy Approach*

This book explores the unique physical therapy methods practiced at Pardee Physical Therapy in Hendersonville, NC. It delves into patient-centered care, innovative treatment techniques, and success stories from the clinic. Readers gain insight into how personalized therapy plans can enhance recovery and improve quality of life.

### 2. *Rehabilitation and Recovery: Insights from Pardee Physical Therapy*

Focusing on rehabilitation strategies used at Pardee Physical Therapy, this book covers a wide range of conditions including orthopedic injuries, post-surgical recovery, and chronic pain management. It highlights the importance of tailored exercises and professional guidance in achieving optimal healing outcomes.

### 3. *Strength and Mobility: Techniques from Hendersonville's Pardee Clinic*

This guide presents practical exercises and mobility techniques utilized by therapists at Pardee Physical Therapy. It emphasizes strengthening muscles, improving flexibility, and preventing injury. The book is designed for both patients and practitioners seeking effective physical therapy protocols.

### 4. *Understanding Physical Therapy: A Pardee Perspective*

A comprehensive introduction to physical therapy with a spotlight on the services offered at Pardee Physical Therapy in Hendersonville, NC. It explains the principles behind therapeutic exercises, manual therapy, and patient education. The book serves as an informative resource for those new to physical therapy.

### 5. *Patient Stories: Journeys of Healing at Pardee Physical Therapy*

This collection of inspiring patient testimonials from Pardee Physical Therapy illustrates the transformative power of physical therapy. Each story highlights different challenges and the personalized approaches used to overcome them. It offers hope and motivation for individuals facing similar

health issues.

#### *6. Sports Injury Rehabilitation at Pardee Physical Therapy*

Targeting athletes and active individuals, this book covers the specialized rehabilitation services provided by Pardee Physical Therapy for sports-related injuries. It includes protocols for injury prevention, recovery timelines, and strength conditioning. The book is a valuable resource for coaches, trainers, and patients.

#### *7. Chronic Pain Management: Pardee Physical Therapy Solutions*

Chronic pain can be debilitating, but this book outlines how Pardee Physical Therapy approaches pain management through a combination of therapy techniques, lifestyle changes, and patient education. It provides practical advice for managing symptoms and improving daily function.

#### *8. Pardee Physical Therapy for Seniors: Enhancing Mobility and Independence*

Designed specifically for older adults, this book discusses the tailored physical therapy programs at Pardee Physical Therapy that focus on maintaining mobility, balance, and independence. It addresses common age-related issues and offers exercises to improve strength and prevent falls.

#### *9. Innovations in Physical Therapy: Pardee Clinic's Modern Techniques*

Highlighting the latest advancements adopted by Pardee Physical Therapy, this book covers cutting-edge technologies and treatment methods such as aquatic therapy, electrical stimulation, and tele-rehabilitation. It showcases how modernization improves patient outcomes and accessibility.

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